

Training Guide for Competitions

Guide Lines

This students training guide does not give you any theory or answers, it is just a to do guide designed to maximise your competition potential.

With Championships approaching it is time to prepare yourself for the purpose of winning your division.

I have put down some training guide lines, if you would like to give yourself the best opportunity to succeed, and to see how good you can be at your best regardless of how 'good or bad' you are at the moment, then you need to follow the training advise laid out in this booklet.

You will need to focus yourself to the job in hand so that it becomes part of your day to prepare and train.

Certain aspects of your current lifestyle may need to be adjusted.

3 to 4 months before the event you will need to kerb your social activities i.e.:

1. No late nights try to retire by at least 11.00pm
2. No Alcohol what so ever as this will make you heavier on the day and also will slow you down - it takes some weeks to 'detox' and so you will need to give it a wide berth.
3. Diet will possibly need to be adjusted not as much to loose weight but to ensure that you are eating the correct quality 'energy foods' (this could increase your grocery bill by 30 to 40 per cent).
4. Supplements are also going to be advised to ensure that we have covered all the aspects of modern day nutrition.
5. We also will be looking at other forms of training that you may have not used before e.g. weight training, not for bulk or size but for speed and endurance.

Just remember :

Failing to prepare is preparing to fail.

Diet

Good quality food will be essential, remember you are what you eat and this is your training fuel. Your progress will be in relation to the quality of your diet.

Mostly you will need to stay away from sugars and processed foods as these have a poor level of nutritional quality.

You need :

Carbohydrates (carbs) - for energy

Complex carbohydrates - These help in the digestion of proteins.

Never go below 100 grams of Carbohydrates a day (800 calories)

When training hard 500 to 700 grams per day (2000 to 2800 calories)

Proteins - for muscle growth

You will need 1 gram of protein for every pound that you weigh.

The body can only use 30 - 40 grammes at any time so you will need to spread you intake through the day.

Vitamins

These are an important part of a well rounded diet, vitamins will help in the absorption of food into the body and will help with skin condition as well as sight, endurance and will help in the immune system.

Minerals

Minerals Help the body to utilise the food that you eat they also help in the repair of bones, reducing cholesterol in the blood, strengthen muscle tissue

Fats

This is the best source of energy for the body.

Here is a list of the sort of food you will need to eat as part of your training diet:

Carbohydrates	Proteins	Vitamins	Minerals	Fats
Brown Rice	Fish - Tuna	Eggs	<i>one of the best</i>	Wheat germ Oil
Brown Pasta	Eggs	Milk	<i>ways to acquire</i>	Corn Oil
Fruit	Milk	Fresh Vegetables	<i>your minerals is through a good</i>	Cream
Fresh Vegetables	Chicken	A Good Supplement	<i>supplement.</i>	Sunflower Oil
Whole Wheat Products	White Meat			A Good Supplement
Good Quality Drinks	Good Quality Drinks			
Cereals				

And lots of bottled or filtered water.....

And please No soft / fizzy drinks !

Supplements

Children under 18 years are advised not to use the supplements described in this guide without professional advice, or to take part in the weight training activities.

Due to the 'short fall' of your diet and of some food to give you all the nutrients that you need it would be advisable to take extra as a supplement. This is very simple to do and will not harm you because any excess nutrients will just be flushed out of the body in you waste stream.

Vitamins & Minerals - look at the use of a good quality multi - vitamin one per day time released tablet such as Holland & Barrett's Timed release Super One.

Cod liver Oil - is very good for 'lubricating' the joints and will help the joints in recovery

Chondroitin/Glucosamine Complex - are a fantastic supplement if you suffer from bad joints as they will help in recoating cartilage on to the joint.

Creatine

This is not a Steroid in fact it is already produced in the body but it will help you in muscle growth stamina and recovery. Creatine is used by many to athletes to help them gain maximum performance. Creatine is available from all good health supplement shops. When you start using Creatine you will need first to go through the loading up stage which may follow the guide:

Take 1 Heaped Teaspoon of Creatine as follows :

Day	Breakfast	Lunch	Dinner	Supper
1	1	1	1	1
2	1	1	1	1
3	1	1	1	1
4	1	1	1	1
5	1	1	1	1
6		1		

After day 5 take 1 Heaped Teaspoon of Creatine per day every day as a maintenance dose.

You will see a lot of improvement in your standard within a few days.

You can use Creatine for quite a few months so it is a very good supplement when training up for competitions etc.

Please follow the directions on your individual product at some types of Creatine supplied can vary.

If you have any medical problems or feel unsure about taking Creatine then please see your doctor

And lots of bottled or filtered water.....

Fitness

It goes without saying that you will need to keep your fitness levels at the forefront of your mind.

To ensure that you keep a regular fitness regime there are a few pointers :

Running

Before you start your training regime invest in a very good pair of running shoes do not go for fashion but for a good pair of road shoes that are comfortable and offer a high level of shock protection. Road running can damage knees and cause shin splints if you do not have the correct foot wear. You may consider running off road to avoid these injuries but you may stand more chance of twisting an ankle or worse due to uneven ground or potholes. Have a good warm up before you run.

A fitness access bar may be a very good option before you run, these are a good supplement to take, particularly for that morning run before breakfast, and are quite inexpensive. Eat a bar 15 to 20 minutes before you run this will help with energy and fat burning.

You may decide to use a Walkman to run with - this may be a good idea because it can ease the boredom and encourage you to run more often also it will reduce the chance of getting a 'stitch'. However you must not overlook the safety aspect of using a Walkman as you will be less aware of traffic and other things around you.

A run every morning would be a great way to start your day - before breakfast would be a good idea for 2 reasons:

1. It is not advisable to exercise straight after a meal you will need to give yourself at least 1 ½ hours before you train.
2. You will burn off more fat if you have not eaten that morning.

After you finish your run have a good stretch this will help for 3 reasons :

1. You will be warmed up and so will be able to achieve towards your maximum stretch.
2. It will 'set you up for the day' regards to you being flexible all day.
3. You stand a lot less chance in being stiff later in the day or following days.

Start with a run of around 20 minutes and see how far you can run. After time you will see this distance increase, you may also feel that you want to increase the time that you run to get more of a 'push' - you will soon get used to running in the morning after a few sessions.

Fighting Training

During this build up to the competition you will need to train in certain areas to improve your fighting skills, this can be done in special technical sessions and will mostly need to be done in groups and not on your own.

However extra bag work can certainly be used to help improve certain aspects of your fighting ability

Flexibility

Flexibility will be an important issue in this training regime.

Flexibility can offer the following benefits :

1. Higher kicks will be achieved
2. Flexible muscles are less prone to injury.
3. With good flexibility you can kick quicker.
4. You will use less energy to kick if you are more flexible.
5. You will suffer less from stiffness of muscles.

Dynamic stretch each morning before you run.

Ensure that you try to stretch each day (maybe after your run , if you run each day).

If you do not run before a stretching session then have a good warm up.

You will need to look at having 2/3 heavy stretching session per week separated by a light stretching session every day in-between.

It may be wise to vary your stretching routine as this can help for even more gains.

Weight Training

Children under 18 years are advised not to use the supplements described in this guide without professional advice, or to take part in the weight training activities.

As part also of this training regime weight training will help in the stamina, fitness, strength, speed and power side of your training.

It is incorrect to think that you only weight train to be big and have large muscles - this is called body building - **we are not** going to enter this side of weight training.

Instead we are looking at lighter weights and lots of reps(repartitions) to improve our performance.

We will look at training all body muscle groups so that we keep an overall balance of the body as most muscles are balanced with another groups of muscles training in only one area can lead to problems later.

Training Routine

DAY 1

Body Part / Equipment	Max Weight	No Off / Reps		
		Set 1 15/20	Set 2 15/20	Set 3 15/20
Legs (Do All Exercises)				
Squats				
Squats - Deep or				
Squats M/C				
Leg Press M/C				
Extentions				
Leg Curls M/C				
Seated Calf				
Leg Press M/C Toe				

Body Part / Equipment	Max Weight	No Off / Reps		
		Set 1 15	Set 2 15	Set 3 15
Shoulders				
Military Press D/B or				
Military Press Smith				
Side Laterals Conc or Side Laterals				
Shrugs Bench M/c or Shrugs D/Bs				
Upright Rows O/Bar				
Upright Rows Cable				
Rear Delts (Face Fly M/c)				

DAY 2

Body Part / Equipment	No Off / Reps			
	Max Weight	Set 1 15	Set 2 15	Set 3 15
Back				
Wide Chins				
Narrow Chins or				
Reverse Chins				
Low Row Cable M/c				
or Low Row New M/c				
1 arm rows Cable				
or 1 arm rows D/B				
Low Back				
Hyperextensions				

CHOOSE 2
EXERCISES OUT
OF THIS GROUP

Body Part / Equipment	No Off / Reps			
	Max Weight	Set 1 15	Set 2 15	Set 3 15
Biceps (Do 2/3 Exercises)				
Ez Curls				
Dumb bell Curls				
Preacher D/B's				
Cable M/c Curls				
Reverse Cable Curls				
Light Bar Curls				
Hammer Curls D/B				

CHOOSE 2
EXERCISES OUT
OF THIS GROUP

DAY 3

Body Part / Equipment	No Off / Reps			
	Max Weight	Set 1 15	Set 2 15	Set 3 15
Chest				
Bench Press or	CHOOSE 2			
Bench Press M/C				
Incline bench D/B or	EXERCISES OUT OF THIS GROUP			
Decline bench D/B				
Flys - Flat or				
Incline Flys				
Cable Flys				

Body Part / Equipment	No Off / Reps			
	Max Weight	Set 1 15	Set 2 15	Set 3 15
Triceps				
French Press Ez				
Press Downs	CHOOSE 2			
Reverse Pulls Cable				
French Press D/B	EXERCISES OUT OF THIS GROUP			
Cable Straight Arm				
Super Set x 3				
Press Downs				
French Press D/B				